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BODY CENTRAL LONDONERS BUFF UP FOR ARNOLD FEST

{page 3}

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Thursday, March 1,
2012
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News worth
sharing.

Leap year. Rocks



► Hedley lead singer Jacob Hoggard gives the crowd plenty to cheer about at the John Labatt Centre on Wednesday night. About 5,200 fans enjoyed a music-packed leap-year evening that wound up with a performance by the B.C.-based band.

GEOFFREY McMURRAY/FOR METRO

Hedley proves invincible at the JLC

Student job centres axed

► Closures expected to save \$6.5 million a year ► Ottawa beefing up youth.gc.ca



**ANGELA
MULLINS**
@METRONEWS.CA

Students looking for jobs will soon have one less place to turn for help.

The federal human resources department said Wednesday that it's closing youth job centres, saying students prefer to use the Internet to search for work.

An employee at London's centre — at 457 Richmond St. — acknowledged the office is closing but declined further comment. Officials at Human Resources and Skills Development Canada did not return a phone message from Metro.

Steve Cordes, executive director of Youth Opportunities Unlimited, was caught off-guard by the news. His agency operates a youth job centre in London and has worked in conjunction with the federal program for years.

"We're concerned, that's fair to say," Cordes said. "It's a shame because as much as people go online, they still need a physical presence."

20.5

The unemployment rate for people 15 to 24 in the London area is 20.5 per cent, Statistics Canada says.

That's especially true when it comes to students, he said. Whether it's acting as a cheerleader to keep young job hunters from getting discouraged or providing tips for sending out resumés, face-to-face coaching plays a big role in what such centres have to offer.

"Students really benefit from that one-on-one support."

The closures — which come as the youth unemployment rate is rising — are a double-edged sword. Many of the people who work at the offices are themselves students, including the person who answered the phone Wednesday in London.

"The model they've always done is students-helping-students," Cordes said. "London's always been a busy centre, as far as I've known."

WITH FILES FROM TORSTAR NEWS SERVICE

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news



Gadgets in the bedroom are not only affecting sleep; they're also taking a toll on couple's love lives, say sleep experts.
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Tornadoes and twisters laid waste to the U.S. Midwest yesterday. Watch at [metronews.ca/video](#).

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Shelter. From the storm

► Randy Hulley, 47, of London waits for Dundas Street traffic to pass Wednesday morning as icy rain hovers over downtown. While the freezing rain wasn't as bad as forecasters had expected in London, areas north of the city were hit a tad harder, Environment Canada meteorologist Geoff Coulson said. Weather conditions cancelled school buses in most of Middlesex County and forced the closure of several Thames Valley District School Board buildings.

ANGELA MULLINS/METRO

London dodges brunt of nasty weather

7 jurors chosen for Stafford murder trial

► Michael Rafferty pleads not guilty in death of girl, 8 ► Trial expected to start Monday if all jurors and alternates can be selected this week

Seven people were chosen Wednesday to serve on a jury in the trial of a man accused in the death of eight-year-old Victoria Stafford.

Michael Rafferty, 31, was formally arraigned Wednesday and pleaded not guilty to charges of first-degree murder, sexual assault causing bodily harm and kidnapping.

Dressed in three-piece suit, Rafferty stood looking out at the jury pool and said he was ready for his

trial.

"That is correct," he said as his pleas were read back to him.

Tori disappeared while on her way home from school in Woodstock, Ont., on April 8, 2009, and her body was found three months later.

Terri-Lynne McClintic, now 21, has already been convicted of first-degree murder in the girl's death.

Five women and two men have been selected so far as lawyers seek to

choose a jury of 12 people and two alternates.

Hundreds of people were called for jury selection in Rafferty's trial, and all but 116 were excused Monday and Tuesday for various financial, medical and travel reasons.

Jury candidates have been told the trial is expected to last between two and a half and three months, possibly extending into June. Most weeks the trial will sit Tuesdays to Fridays.

Because of the time com-

mitment and the nature of the case, Heeney raised the amount of compensation jurors will get.

In most trials in Ontario jurors are paid \$40 a day if they sit longer than 10 days, and from the 50th day onward they get \$100 a day.

For this trial jurors will receive \$40 a day from the outset, rising to \$100 a day starting on the 25th day.

During the trial the jury is set to visit the site where Tori's body was found.

THE CANADIAN PRESS

No charges for cop after crash: SIU

Ontario's police watchdog says no charges are warranted against an officer after a driver who had been pursued by police was injured in a crash in Cambridge.

The Special Investigations Unit says a Waterloo regional police officer was checking a report of a suspected impaired driver on Dec. 26 when a vehicle sped out of a parking lot.

The officer followed the vehicle for a short distance before ending the pursuit. A little while later, the vehicle struck a hydro pole and the driver, Allan Freure, 20, suffered internal injuries.

THE CANADIAN PRESS

3 men face charges of attempted murder

Three men are due in Sarnia court this morning to face charges of attempted murder.

Provincial police say a man was shot Tuesday night at a residence in Wyoming, Ont., east of Sarnia. The victim was taken to hospital for treatment of a gunshot wound.

Police say three suspects fled in an SUV that was stopped with a spike belt, leading to the arrest of two of the occupants.

A third suspect was apprehended later. CHOK



Partnering to fight cancer

The Canadian Cancer Society and London Health Sciences Foundation are teaming up to pick a fight with cancer with the March 7 launch of their first partnered Relay For Life event in support of the London Regional Cancer Program.

● METRO

UWO profs heading to Brazil

3

Number of Western University representatives at the meetings: Prado, Ted Hewitt and Michael Strong.



UWO.CA

► Dr. Marco Prado

Dr. Marco Prado from the Robarts Research Institute at the University of Western Ontario is co-leading the Brazilian delegation next week at meetings with Canadian researchers in São Paulo to help find solutions for neurodegenerative disorders, such as Alzheimer's and Parkinson's disease.

Eight Canadian scientists will participate in the March 7 and 8 meetings. The goal is to enhance R&D between the countries.

● METRO

Getting pumped for Arnold sports-fest

► Local women participating in Ohio competition ► Event referred to as a 'proving-ground for aspiring athletes'



ANGELA MULLINS
@METRONEWS.CA

Mean, lean and pumped, a trio of London women is headed stateside this weekend to compete in "The Arnold Sports Festival."

Billed as the world's largest multi-sport fitness weekend, the Arnold Sports Festival — named after Arnold Schwarzenegger — is the absolute top-notch competition for a wide array of athletes, said bodybuilder Rita Catolino, 32.

"It's (the equivalent) of the Olympics for figure skating," said Catolino, who has been training for four years.

Bodybuilder Midori Rutledge, 24, who's also making the trip, has been into the sport for a little more than a year.

Kadie Ward, 30, on the other hand, is just cutting her competitive teeth. Ward — a lifelong Schwarzenegger fan — has

1,800

The number of athletes expected to compete in more than 45 events during this weekend's Arnold Sports Festival.

always wanted to visit the festival.

"He just has an insatiable sense of ambition and drive, and whatever he set out to do he got to the top," Ward said about her respect for the bodybuilder turned actor and politician.

With her parents' health declining last year, Ward was looking for a new challenge and something to set her sights on. That's where her dream to visit the festival turned her into a runner.

"I thought, 'Why should I just attend (the festival) when I can participate?'"

Ward started training for a 5K run last fall and plans to put what she's learned to the test on Sun-



► Bodybuilders Rita Catolino, 32, left, and Midori Rutledge, 24, right, pose with runner Kadie Ward, 30, Wednesday at Live 360 training studio (300 Ridout St. N.). The London trio is competing in this weekend's Arnold Sports Festival in Columbus, Ohio. The athletic competition is co-promoted by Arnold Schwarzenegger.

day.

"When I did my first 5K practice run (in November), it was over 40 minutes. I had a goal in my mind that I would finish in

the 20 to 25-minute range," she said. "Now, the goal is to the finish line. I'm sort of

less concerned about the number than I am about just achieving it."

Pink Shirt Day



ANGELA MULLINS/METRO

Dressing the part in anti-bullying effort

Students and teachers sported pink shirts Wednesday to mark National Pink Shirt Day, aimed at increasing awareness about bullying. The initiative started in 2007 when two students in Nova Scotia decided to take action after seeing a younger student get bullied for wearing a pink shirt. Students at Sir Frederick Banting Secondary School also marked the day Wednesday with 700 staff and students pulling out the pink.

Premier defends school's response to girl's gun drawing

School officials in southwestern Ontario who called authorities after a four-year-old girl drew a picture of her dad holding a gun shouldn't be condemned for their actions, Premier Dalton McGuinty said Wednesday.

The girl's father, Jessie Sansone, was handcuffed, strip-searched and told he was being charged with illegal possession of a firearm. His pregnant wife — at



NATHAN DENETTE/THE CANADIAN PRESS
McGuinty

home with their 15-month-old daughter — had to go to the police station while

their other three children were interviewed by Family and Children's Services.

Police searched their Kitchener, Ont., home, but the closest thing they found to a firearm was a toy gun. No charges were laid.

While parents are ultimately responsible for the development of their children, schools and teachers also have an obligation to their students, McGuinty said. THE CANADIAN PRESS

Knights drop to No. 2

The London Knights have dropped to second spot in the latest CHL top 10 standings released Wednesday. The Knights were bumped from No. 1 by Saint John Sea Dogs. ● METRO

NBLC all-stars chosen

Three members of the London Lightning have been named to the National Basketball League of Canada's top 20 players for its inaugural all-star weekend March 31 and April 1 in Halifax. The top-ranked

Lightning will be represented by Gabe Freeman, DeAnthony Bowden and Eddie Smith, who has been chosen as a team captain. More than 213,000 fans voted in the inaugural all-star event. ● METRO



► A high-powered group of world business leaders and politicos want the Conservative government to stop the "destructive, expensive and ineffective" war on drugs.

LUMINARIES BLAST C-10'S POT APPROACH

Sir Richard Branson and other world business and political leaders want Canada to rethink its stance on marijuana.

The leaders want Ottawa to scrap mandatory minimum sentences for minor pot offences in Bill C-10 and even look at legalizing the drug.

"Tougher drug law enforcement tactics such as mandatory minimum sentencing ... will put a huge strain on Canadian taxpayers," says a letter

released by the group.

"(They) will not have the intended effect of creating safer communities, and will instead further entrench" organized crime.

The group is chaired by Fernando Henrique Cardoso, former president of Brazil, and includes ex-presidents of Colombia, Mexico and Switzerland, and former U.S. Secretary of State George Shultz.

● MATT KIELTYKA/METRO

PM: It's a robocall smear

► Harper accuses NDP, Liberals in Commons ► But who's this mystery Pierre Poutine? ► And what's the secret of Separatist Street in Quebec?

A mysterious "Pierre Poutine" and Prime Minister Stephen Harper were front and centre in the robocalls furor on Wednesday.

Harper said allegations the Tories were behind misleading and harassing calls to voters in the last federal election are nothing but a smear campaign by the NDP and Liberals.

"The Conservative party can say absolutely, definitively, it has no role in any of this," Harper told the House of Commons.

He also added a new element to his counter-attack when he challenged the NDP and Liberals to provide proof to Elections Canada that the Tories were behind the calls.

Elections Canada is investigating reports that voters in Guelph got calls

► For the third straight day, Prime Minister Stephen Harper faced a barrage of robocall allegations in the Commons.



from a 450 area code number directing them to the wrong polling station.

Phone records show the number registered to Pierre Poutine twice called Edmonton-based call centre RackNine Inc., on April 30 and May 1.

The records also show phones associated with Guelph Tory candidate

Marty Burke and the Guelph Conservative riding association made 31 calls to RackNine between March 26 and early May.

The court document says it is reasonable to believe Burke's campaign did business with RackNine and that the relationship is related to the calls.

THE CANADIAN PRESS

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Feds back space station but also plan cash cuts

The federal government will commit to the International Space Station for another five years.

And that should mean Canadian astronauts will return to space sooner than expected.

Industry Minister Christian Paradis says Canada will extend its commitment to the space station from 2015 to 2020.

His announcement in Quebec City Wednesday came as the heads of foreign space agencies were arriving there for a conference where they plan to discuss the space station's future.

It also came amid heightened concern with-



► Canadian Space Agency president Steve MacLean calls Ottawa's commitment "a major milestone."

in the space community, with the federal government about to embark on significant spending cuts.

The government says the Canadian Space Agency's budget will fall

14 per cent, to \$363 million, with the expiry of previous commitments.

There could be even deeper cuts in the March 29 federal budget.

THE CANADIAN PRESS

Canadian doctor in fraud case

A Canadian doctor in Texas has been charged over massive health-care fraud.

It's alleged the plan in-

volved bilking Medicare and Medicaid out of nearly \$375 million US.

Jacques Roy, 54, is charged with health-care fraud and conspiracy to commit fraud. Authorities moved to seize cash in Roy's bank accounts, cars and sailboats. THE ASSOCIATED PRESS

100

Jacques Roy, a 54-year-old doctor who owned Medistat Group Associates in DeSoto, Texas, faces up to 100 years in prison if convicted on all counts.

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Storms ravage U.S. Midwest

► At least 9 killed, dozens injured after deadly tornadoes slam region

A powerful storm system that produced multiple reports of tornadoes lashed the U.S. Midwest early Wednesday, laying waste to small towns in Illinois and Kansas. At least nine people were killed.

An apparent twister rolled through Branson, Missouri, just before 1 a.m. and seemed to hop-scootch up the city's main roadway, ripping roofs off hotels and damaging some of the city's famed music theatres dangerously close to the start of the heavy tourism season. More than 30 people were reported hurt, mostly with cuts and bruises.

At least six people were killed in the southern Illinois town of Harrisburg after a storm levelled much of the community

"The theatre next to me kind of exploded.... It went everywhere. Power lines are down. Windows are blown out."

BRANSON DINER OWNER
JOHN MOORE AFTER THE STORM

of 9,000 people.

In Missouri, one person was killed in a trailer park in the town of Buffalo. Two more fatalities were reported in other areas. From Tuesday night into Wednesday morning, at least 16 tornado sightings were reported from Nebraska and Kansas across southern Missouri to Illinois and Kentucky, according to the storm centre, an arm of the National Weather Service.

THE ASSOCIATED PRESS



DARRIN PHEGLEY/THE GLEANER/THE ASSOCIATED PRESS

► Kendra McKinley pulls a flag from the debris of her grandparents river camp home in Henderson, Ky.

Fishing vessel delays Costa Allegra rescue, Official says

A disabled cruise ship called Costa Allegra will spend an extra 10 to 12 hours at sea without electricity, air conditioning or toilet facilities because a French fishing vessel that was first to respond to the drifting cruiser refused to give way to faster tug boats, a Seychelles government official said Wednesday.

A spokesman for the cruise line denied that the tow would have been faster with the tugs and said the disabled cruise ship was always scheduled to reach the Seychelles' main port on Thursday.

The government minister, Joel Morgan, said that the cruise ship likely would have arrived in port Wednesday night local time if the tugs had been allowed to take over.

THE ASSOCIATED PRESS

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Fairview Mall
Fairview Park Mall
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Hillcrest Mall
Lambton Mall
Lansdowne Place

Lime Ridge Mall
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Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
Oshawa Centre

Pen Centre
Pickering Town Centre
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sherway Gardens
Square One
Station Mall
Stone Road Mall

Tecumseh Mall
The Promenade
Toronto Eaton Centre
Union Station
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

James Murdoch steps down amid scandal

► Rupert's son resigns from News International ► Will stay on as deputy COO of News Corp.

James Murdoch, the executive at the epicentre of the phone-hacking scandal at his father's British newspapers, is stepping down as executive chairman of News Corp.'s U.K. newspaper arm.

News Corp. said in a statement Wednesday that James, the youngest son of 80-year-old media mogul Rupert Murdoch, has relinquished his position at News International to concentrate on the company's

television business. The 39-year-old will still remain deputy chief operating officer of News Corp., but the move

plucks the one-time heir apparent to his father's global empire away from a firestorm over his role in Britain's phone-hacking scandal.

"James' resignation was inevitable," said Louis Ure-

neck, a journalism professor at Boston University. "He either condoned the hacking or was irresponsibly unaware. Neither is acceptable in a top executive of a media company."

THE ASSOCIATED PRESS

1.6%
News Corp. shares set a 52-week high in New York after the news broke, rising 1.6 per cent to \$20.11 a share.



Occupied once again

There was a heavy police presence around New York's 42nd Street area as the demonstration began Wednesday morning. Protesters were marching on the offices of pharmaceutical giant Pfizer.

Market moment

TSX	Dollar	Oil	Natural gas
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Consumer Vision is currently inviting men and women to participate in small focus groups regarding health issues facing Canadians following a cancer diagnosis. If you are currently undergoing treatment or in remission you may qualify. Groups will be centrally located in London on **March 8th** and will last **2 hours**. If you qualify and participate you will receive a cash incentive in appreciation of your time.

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television

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WHEN IN DOUBT, AD LIB

HE SAYS ...

JOHN MAZEROLLE
METRO



I'm just talking off the top of my head here, but I miss performing improv comedy.

Writing humour is satisfying, sure — especially that special moment when you see your name on a paycheque in a newspaper. But the delayed, distant feedback can make you feel like you have fewer readers than the iTunes service agreement.

In contrast, and as Mitt Romney would tell you, there's no greater thrill than the instant response you receive when you get on stage and make stuff up.

If you're not aware, improvisation is a form of theatre that has spawned many comedic troupes, some serious theatre, certain art-house films and the Iraq war.

Generally, the idea is simply to make things up on the spot, often with an audience suggestion, which in theory can be absolutely anything, but which in practice is always "sex," "horny," "circus," "bus stop" or "spatula."

If that sounds like kids' stuff, rest assured there are some deep lessons to be learned.

For instance, one of the improv rules you organically discover is "Don't try to be funny." Some would argue I've mastered that.

But the point is that humour should arise from strong characters and a well-told story. When you tell a conventional punchline joke during improv the audience reply is a rising-then-falling "aaAAAah" sound, which means "Clever. Not funny. But clever. Now be funny."

Another improv life lesson, perhaps the most important one, is to accept what the world gives you.

If another actor turned to you on stage and said, "Hi, Donald Trump!" then your natural, human reaction would be to punch him in the throat. But improv teaches you that scenes work best if you accept every suggestion — so you scowl in a Trumpian manner and wonder what it must be like to know that even a billion dollars isn't enough for a decent hairpiece.

When you accept what the scene gives you and don't try too hard, then everything that happens is "right," the possibilities are endless, and things naturally fall into place. There's a lesson in there somewhere.

Improv is fun, challenging and, yes, can give you a better outlook on life. I think you should try it.

And if you don't have the energy or gumption or whatever excuse you're using not to do it, just remember what an audience member once told me during an introspective moment: "Horny!"

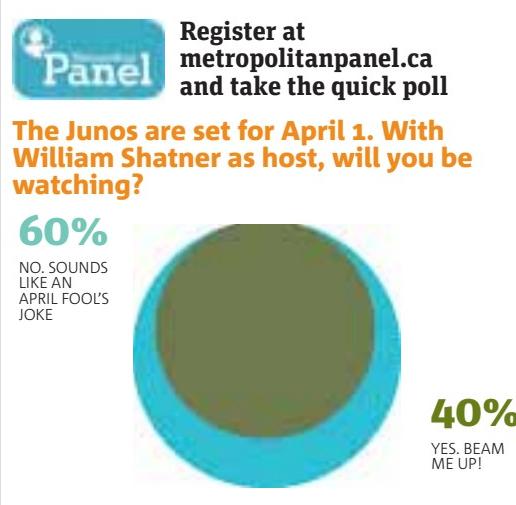
Words to live by.

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Read more of John Mazerolle's columns at metronews.ca/hesays



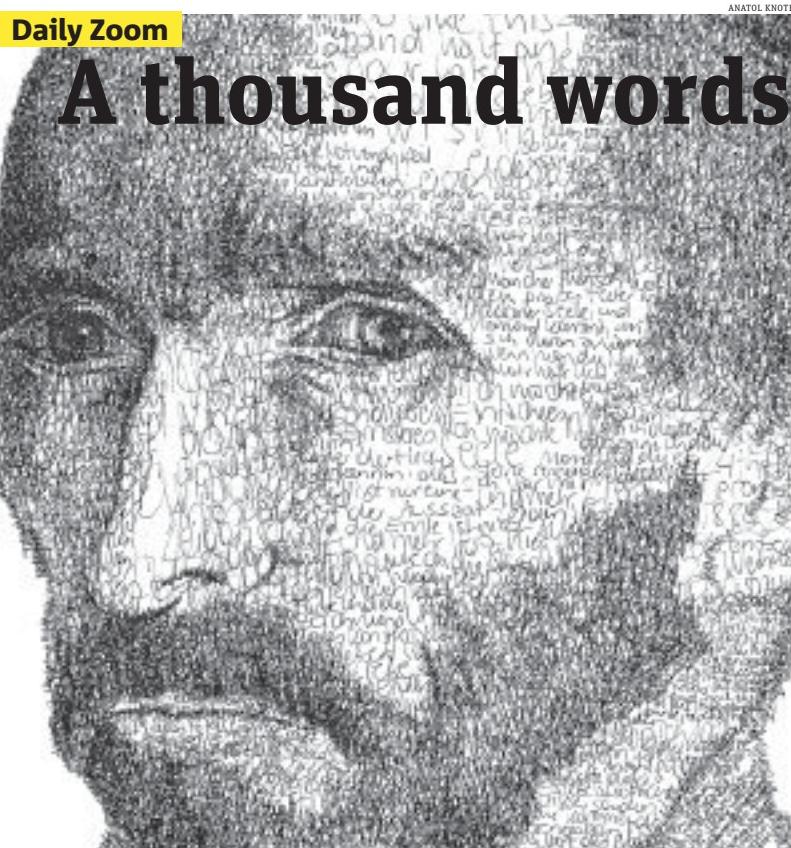
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Daily Zoom

A thousand words



ANATOL KNOTEK

60 seconds

Anatol Knotek, 34, artist from Vienna

What's the idea behind your "handwritten" portraits?

They're meant to blur the borders between poetry and fine art. For me, it's a type of communica-

tion, pairing the act of writing and the art of painting. It's "visual poetry."

What do you write?

A mixture of my own writing and words associated with the person I'm drawing. In this portrait, I used some passages taken from van Gogh's letters. I also ad-

ded some sentences from Theo van Gogh's letter to his mother that reported his famous brother's death.

And how do you write your drawings?

I first make the sketch with a pencil and then I begin the writing process with a permanent felt-tip pen. I use small, simple

words for the details, then larger letters for the overall appearance. It can take about two weeks to do one such portrait.

What inspired your work?
Concrete poetry — poetic verses that are arranged in a shape or pattern for added visual effect.

● ANTHONY JOHNSTON/MWN



► Anatol Knotek

Artist 'writes' famous portraits

PORTRAITURE. This sketch of the great Vincent van Gogh can speak for itself. Artist Anatol Knotek creates faces composed from his own handwriting. Knotek, whose works allude to 1960s avant-garde poetry, has also "written" stunning portraits of Bob Dylan, Pablo Picasso and Nobel Prize laureate Hermann Hesse. ● MWN



Living a life of inspiration

► Local playwright pens story of a London legend ► Bringing the Beard to the stage

BACKSTAGE PASS

MILA PETKOVIC
METRO LONDON



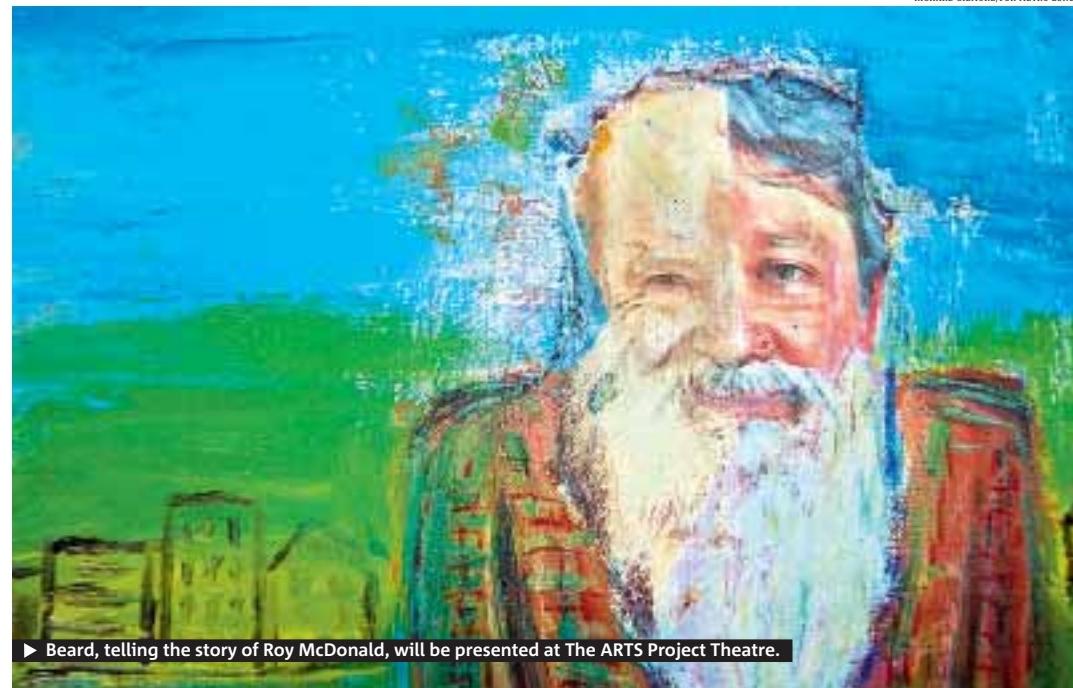
You may have seen this long-bearded bard in a rumpled suit jacket reciting poetry on Richmond Row. Or perhaps you've seen him walking down the street with shopping bags stuffed with old magazine clippings and books written by him or about him.

Seventy-three-year-old writer and philosopher Roy McDonald is one of London's most enigmatic and loved residents. The simple lifestyle he chooses to follow reflects his unconcern for financial gain and conventional values.

McDonald's fascinating life stories and philosophies inspired the play Beard: A few moments in the life of Roy McDonald by London playwright Jason Rip in 1999. A new version of the play, with updates on the last 10 years of McDonald's life, will open AlvegoRoot Theatre Com-

"He would talk to a homeless person with as much interest and respect as he would a famous person."

ADAM CORRIGAN HOLOWITZ



► Beard, telling the story of Roy McDonald, will be presented at The ARTS Project Theatre.

pany's 2012 season on Friday. The play follows McDonald throughout his life, touching on his struggles with alcoholism, his experience at Woodstock, the death of his parents and most recently his role in the Occupy London Movement.

Adam Corrigan Holowitz will direct the production. The 16-year-old founder of AlvegoRoot Theatre Company is a good friend of McDonald's.

"Roy's main kind of poetic lifestyle is talking to people, kind of like one on one performances," says Corrigan Holowitz. "He

would talk to a homeless person with as much interest and respect as he would a famous person."

McDonald has many stories of famous people he's met, including former Prime Ministers Lester B. Pearson and Paul Martin.

Actor Chris McAuley, 48, will play the role of McDonald.

In order to capture his spirit, McAuley hung around with McDonald, even busking with him on Saturday night on Richmond Row.

"It was probably one of the most fascinating things I've ever done. He intro-

duced me to other people on the street. Roy knows them all — bouncers, cops and students too," says McAuley.

In order to meet up with McDonald, McAuley would have to go out looking for him because he doesn't have a phone or email to get in touch.

"That's another interesting thing about Roy. You can't really track him down. He is sort of an ephemeral and mysterious character that way," says McAuley.

McDonald's playful nature makes the play quite comical at times, says Cor-

rigan Holowitz.

"Roy used to give lectures on the elevator between floors at Rochdale College in Toronto. He would stand there as people came on and off, talking about metaphysical art and sciences. That's how he got the nickname Professor," says Corrigan Holowitz.

Beard will be presented at The ARTS Project Theatre (203 Dundas St.) in repertory with the play Manor Park, and will run from Mar. 2-10. Tickets are on sale for \$15. Call the box office at 519-642-2767 for more information.



Oprah

Oprah Winfrey is bringing her life lessons north of the border for a TV event sure to rank among her Canadian fans' favourite things. The 58-year-old TV legend has added Toronto as the latest stop on Oprah's Lifeclass Tour. A portion of the day-long event will be broadcast live on April 16 on the talk giant's network, OWN.

THE ASSOCIATED PRESS

Reese talks to her kids about abuse

Actress Reese Witherspoon has had the talk with her two young children.

Not the sex talk.

The domestic violence talk.

As a Global Ambassador for Avon's efforts to help victims of domestic violence, Witherspoon travelled to the Washington area to speak to the 2nd World Conference of Women's Shelters,

prompting a talk with Ava, 12, and Deacon, 8.

Though her kids were shocked to hear how one in three women is abused in the United States, Witherspoon said it was important for them to be aware of the problem especially her daughter who's almost old enough date.

At a time when bullies are responding with violence, Witherspoon also says parents must educate

themselves and their children about social media and "what constitutes harassment, what is acceptable and what is not."

Witherspoon says talking publicly "creates empowerment" among women and helps them feel they're not alone. She said it often gives them the courage to go to a shelter or take legal action that could save their lives.

THE ASSOCIATED PRESS



JACQUELYN MARTIN/THE ASSOCIATED PRESS



Musical 'Carrie' becomes the third high-profile re-imagined work in New York this season



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'I will not let anyone down'

Lindsay Lohan is mounting her comeback, starting with a stint hosting Saturday Night Live this week, and she knows there's a lot at stake.

"I will not let anyone down, especially myself," she says in an interview with the Today Show, starkly contrasting her last visit to the show, during which she denied having any problems at all.

"I wasn't as comfortable with myself then. I think it was a fear factor that I had about what was really going on. And, you know, I had to get that wake-up call."

• METRO

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Snooki pregnant?

► MTV went into crisis mode after hearing news: Source

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Though she recently denied it, many news organizations are now reporting that Nicole "Snooki" Polizzi is indeed three months pregnant with boyfriend Jionni LaVelle's baby.

The Jersey Shore star is reportedly looking to make the most of the announcement — and has even brokered a deal for a cover story with Us Weekly.

Apparently, Snooki is looking to use her pregnancy to become "the next



► Snooki

Kourtney Kardashian," a source tells Page Six.

But reps at MTV aren't as excited, since Snooki is currently filming a Jersey Shore spin-off chronicling her hard-partying lifestyle.

"MTV went into crisis mode after they found out," the source says. "They're trying to hide it because it would greatly affect the creative direction of the show."

At first, I laughed at this because, well, "creative direction" and Jersey Shore spin-off do not go together.

But then it makes sense: MTV's programming is filled with a million bad parenting reality shows, from Teen Mom to 16 and Pregnant. Even they probably loathe to air a segment of Snooki taking her baby for its first spray tan.

Ben and Jen welcome third child

Jennifer Garner gave birth to a son Tuesday in Santa Monica, Calif., according to People magazine. It's the third child and first boy for Garner and husband Ben Affleck, who also have daughters Violet, 6, and Seraphina, 3.

Garner previously said that



► Affleck and Garner

they knew the gender of the baby ahead of time but weren't sharing that information.

"It would be so weird to have a boy," she told Ellen DeGeneres during an interview last year.

• METRO

SATURDAY, MARCH 3
TO TUESDAY, MARCH 6

THAT'S A
\$25
SAVINGS
VALUE!

And lest it seems like Davis is trying to cash in on his friend's death, the film was reportedly already being developed before Houston passed away last month. "Whit-



► Whitney Houston

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3 life

Star power



It was announced this week that Sir Elton John will be headlining Fashion Cares, the silver anniversary fundraising gala, to be held on September 9, 2012 at the Sony Centre for the Performing Arts in Toronto.

Chaired by Michael King and David Furnish, with cosmetics powerhouse MAC Viva Glam returning as title sponsor, the event will feature an intimate dinner, a retrospective of the past 25 years of Fashion Cares, and a live show performance by Sir Elton John and other high profile, international musicians.

• METRO



Guy Laroche designer shows gem-inspired collection, and no skin, in Paris.

► Peter Philips, global creative director of Chanel makeup, creates nail and lip colours that instantly sell out and spark wait lists ► Heed his advice for a natural, beautiful look

You too can nail Chanel chic



**ROMINA
MCGUINNESS**
LIFE@METRONEWS.CA

METRO WORLD NEWS IN LONDON

The mouth vs. the eyes

"Being beautiful is as tough as you want to make it, but it doesn't have to be all about the pressure. There's no such thing as an ideal face. Who can measure that? A perfect face is one that expresses confidence and is happy with itself. When I speak to somebody I'm always drawn to their mouth, maybe that's because it's more comfortable than looking someone in the eyes. Also with the eyes, which eye do you look at? But all women should have an eyelash curler. This also applies to women who don't wear makeup. One pinch to the lashes can work miracles as it opens up your eyes and makes you look fresh and awake. Add some mascara and you're ready to go."



Jeanne Space



In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question or you just want to comment on life's bigger picture, I'd love to hear from you.

► **@Jeanne_Beker:** 8 days of shows to cover in Paris. A fantasy for some... A lot of work for me! But not complaining. What's YOUR ultimate Paris fantasy?

- **@Sarahohm:** "Audrey Hepburn in Funny Face" would be mine! #parisfantasy
- **@Jeanne_Beker:** Oh yeah! To be a hot young model falling in love with a cool photographer... What a gorgeous cliche!
- **@Enriqueymylove16:** live there go to champs elysees every weekend for shopping : get to know people from there explore the fashion world #dream♥

- **@Mymsie7:** wow! I want to get to visit every beautiful spot in the city! And taste everything there is to taste! I want to go next year:)
- **@KendalLo:** Hands down Paris at Christmas & NYE. Long meals inside warm Parisian restaurants, lots of wine, good coffee and shopping.
- **@Jeanne_Beker:** Oh YEAH! Nothing like guilt-free gorging in the City of Light! Worth every calorie!!!

WILLY WANDERPERRE



► Peter Philips

The face: The fine balance

"It's a criminal offence to wear too much makeup,

just as it is to wear too little. It's all about striking a balance and wearing a look with confidence. Something that always looks wrong is not blending your foundation in properly so that you can see the line between the face and the neck. It's so easy to avoid. Blend it out with your fingers or check the lighting in your bathroom."

"It's a criminal offence to wear too much makeup, just as it is to wear too little makeup. It's all about striking a balance and wearing a look with confidence."

PETER PHILIPS

Don't forget the inside

"Every phase of your life has beauty in it. We all want youth but at some point we have to realize that we're getting older and it's not all about foundation or mascara. If

you eat and live wrong it will have an impact on your looks. You know the tricks: eat more vegetables, stop smoking, drink water and cut back on alcohol."

The nails: introducing April, May and June.

"The Le Vernis shades are anticipated not because of me but because they're Chanel. I have the advantage that I can link my creations with the fashion show, it gives them a reason to exist. May is pinky and girly and June has a beachy feel to it. It took 24 try-outs in the lab before we got the right shade for Le Vernis in June."

What's trending?

Trends, no. Seduction, yes.

► "I don't create trends; it's the women who wear them that create them. My challenge is to develop shades that will seduce these women into buying them and the only way to seduce a woman is by literally seducing her. I chose spring horizons; sunset and sunrise as it can be the most amazing moment of the day. I was afraid it would be a bit kitschy, mellow and corny, but it's also very beautiful. She can't be intimidated by the colours or feel like she's being forced into wearing something. She needs to stand in front of the counter or be reading a magazine and say, 'that's a shade I want to wear.'"



► View from mon petit chambre.
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I recently moved into a new place and bought two open-style sofas for the living room to create a cosy but formal look. Now the room looks like a bowling alley. What can I do to fix this?

Tamara McCarthur,
Toronto

Creating a symmetrical look with furnishings is an easy way to add a formal touch to any room. In your case, the

CB2's Acrylic Tripod Easel, \$199

Lose that 'bowling alley' look

► Home decor guru Karl Lohnes tackles a reader's living room design dilemma

positioning of the two couches guide the eye directly to the plain windows at the end of the room, creating the bowling alley effect.

With no options of rearranging the sofas, try to find ways to divert the eye from going all the way to the end of the room. You can do this by adding a few interesting and useful accessories that make the eye go from side to side rather than to the end of the room. Here are a few suggestions:

Layered rugs not only look cool but can allow you to use a favourite too-small rug by laying a larger one underneath. A large horizontal striped 8-by-10-foot rug will help draw the eye across the room and make it look wider than it is. Now the room will have a size-

appropriate rug while still incorporating your cool but smallish hidden rug.

One heavy wall of coloured art will quickly draw the eye to one side of the room rather than immediately to the end of the room. I suggest hanging the large print to the left of the room, then adding many small art pieces opposite to keep both walls filled. Other red accents, such as glass vases, candles and throws, will help add a bit more colour into the room.

Place something airy in the corner to round out the room. A whimsical tall plant, étagère or art easel will help. When you fill in the corners of a room you'll then help shorten the space into a better proportion.

Consider an art easel holding a tiny, bright-



► This living room looks long and narrow. A few style tricks will help draw the eye to the sides of the room.

CONTRIBUTED



► West Elm's 8x10 Zigzag Rug (\$530)

your question and a photo to:
home@metronews.ca. For daily design advice, follow @KarlLohnes on Twitter.



John-Richard's
Clipper Table, \$789,
homesav.com

coloured painting or becoming the stand for a plasma television... different, interesting and unique!

The one you have looks a bit dark, heavy and plain. Painting it in a pale grey finish and topping it with glass will give it an airy look.

end of the room by saying 'look at me first.'

Got a design dilemma? Email

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► Playing a board game is an excellent way for a family to spend time together during the March break.

Don't let kids get bored

Are you looking forward to March break? Chances are your child will say a definitive "Yes!" especially if they are off to a sunny des-

tination. But if you are a parent stuck in town with no plans and a limited budget, figuring out how to entertain the little ones for a week or two can be exhausting.

Here are some ideas to kick-start your March break plans:

Go on a mini road trip. Visit a town that you are not familiar with and spend time walking around, taking in the sights, dining at local eateries, and meeting the people. It will be a refreshing change of pace and scenery for your family.

Let it snow. If snow has blanketed your neighbourhood, make the most of it. Wrap the kids in their winter gear and help them

make a snowman for the front lawn or bring them to a park so they can toboggan or make snow angels and forts.

Visit your library. Your local library is a great resource for free family entertainment. Pick up a book to learn some arts and crafts, research fun recipes, borrow kid-friendly DVDs, or check if the library is running any special March break programs.

Kid swap. If your friend's kids are also stuck in town, arrange to watch them along with your own kids and then swap the next day. That way you can get some much needed rest and relaxation. It's called March break for a reason.

Board games. Remember what those are? Playing a board game is a great way to spend time together as a family and have face time. If your collection doesn't intrigue your kids, purchase a new game on which everyone can agree.

Give to a good cause. Serve others at a local food bank, soup kitchen, or seniors home. You can also donate to an organization like Christian Children's Fund of Canada (ccfcanda.ca), and help provide children in developing countries with nutritious food, clean water, and medicine.

Before you know it, March break will be over and you will have some happy kids to show for it.

NEWS CANADA



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**Come by and play
this March Break!**



**FOR KIDS
12 & UNDER**

Satisfy your raw curiosity

► March is Nutrition Month across Canada ► Celebrate eating healthy by trying to 'uncook' raw foods in your own kitchen ► This Super Carrot Soup is tasty and easy to prepare

Super Carrot Soup



► This recipe makes 500 ml (2 cups).

THE CANADIAN PRESS/HO

Preparation:

- 1 In blender, combine carrots, water, oil, cilantro, garlic, raisins, lemon juice, salt, curry powder, cumin and cayenne. Blend until smooth.
- 2 Topping: Sprinkle each bowl with cilantro and raisins before serving. **UNCOOKING WITH RAWROSE BY ROSE VASILE / THE CANADIAN PRESS / ADAPTED BY EMILY RICHARDS (PROFESSIONAL)**

Ingredients:

- 375 ml (1 1/2 cups) coarsely chopped carrots
- 250 ml (1 cup) water
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) cilantro
- 1 clove garlic
- 1 tsp raisins
- 5 ml (1 tsp) lemon juice

Variation

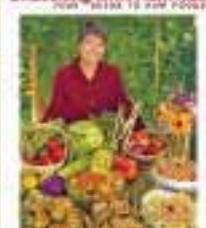
- Avocado
Avocado can be used instead of olive oil. After blending other ingredients, blend half an avocado and 50 ml (1/4 cup) water until smooth.

ECONOMIST, COOKBOOK
AUTHOR AND TV CELEBRITY
CHEF (FOR MORE, VISIT
EMILYRICHARDSCOOKS.CA)

- 2 ml (1/2 tsp) sea salt
 - 2 ml (1/2 tsp) curry powder
 - 2 ml (1/2 tsp) ground cumin
 - Pinch cayenne 5 ml
- Topping:**
- 15 ml (1 tbsp) chopped fresh cilantro or parsley
 - 5 ml (1 tsp) raisins

Weekly Cookbook

Uncooking with RawRose



Certified raw foods chef Rose Vasile, has released the fifth edition of her Uncooking with RawRose cookbook (\$29.95).

The recipes are surprisingly varied and include a large section on soups, salad dressing and dips and another on desserts, often using nuts or seeds as the base for cakes or pies.

One standout recipe is a lasagna made with layers of mushrooms, zucchini and spinach, almond cheese and marinara sauce.

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Quoted



"When I think of Giancarlo, I think of someone with long, flowing hair, like Fabio. But if he keeps hitting homers, I'll call him whatever he wants me to call him."

MARLINS CATCHER
JOHN BUCK, ON HIS
TEAMMATE FORMERLY
KNOWN AS MIKE STANTON,
ABOVE. STANTON HAS
DECIDED TO USE HIS LEGAL
FIRST NAME, GIANCARLO.

Soccer. Match



► Micah Richards of England, third from right, plays the ball against the Netherlands on Wednesday.

DAVID ROGERS/GETTY IMAGES

Netherlands edges England in friendly

Arjen Robben scored in stoppage time to give the Netherlands a 3-2 friendly victory over England on Wednesday, ending a three-match winless run for the 2010 World Cup finalist exactly 100 days before the European Championship. After setbacks in October and November, this victory puts the Netherlands back on the right track going into more Euro 2012 warmup matches in May. THE ASSOCIATED PRESS

'Something we badly needed'

► Canada falls 3-1 to 41st-ranked Armenia in men's soccer friendly played in Cyprus

Canada started brightly but eventually paid the price for some slack play as Brazilian-born Marcos Pizzelli scored twice to give Armenia a 3-1 win in a soccer friendly Wednesday.

Captain Kevin McKenna gave Canada a fifth-minute lead at Tsirio Stadium but the Armenians took control as the game wore on

and had far more scoring chances.

Armenia is ranked 41st in the world, compared to No. 71 for Canada.

"We still have a lot of work to do but I'm really happy we played this game because the quality of the opposition, the way they played, the speed at which they played at was fast,"

coach Stephen Hart said. "Something we badly needed. We looked like a team that has not played in four months."

The Canadians came into the match riding a seven-game unbeaten string. Their last loss was 2-0 to the U.S. in Detroit in June 2011.

"We started out quite

well and I think we got a bit optimistic there. They were a lot better team than I personally thought," admitted forward Iain Hume, who came on as a second-half substitute. "I think 3-1 was a fair score."

McKenna opened the scoring by taking advantage of some poor Armenia marking on a corner. A de-

fender was late to notice McKenna, who rose and headed in the Julian de Guzman delivery past veteran goalkeeper Roman Berezovsky.

It was the 11th goal for Canada by the 32-year-old defender from Calgary, who has seen action as a forward in the past.

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'Ready to take it to the next level'

► Jays' Romero still on rise after bumpy road to big leagues ► Left-hander now undisputed staff ace in Toronto

It was a challenging climb to the top for Blue Jays pitcher Ricky Romero.

Expectations were high for the first-round pick, who toiled in the minors for years before breaking through at the major-league level in 2009.

The team was patient with the now 27-year-old left-hander and it paid off.

"Now that I look back at it, I'm thankful that I went through those times," Romero said Wednesday in Dunedin, Fla. "Being in double-A for two-and-a-half years, I learned a lot about myself as a person.... I was able to learn to deal with failure."

There were plenty of trying times after the Los Angeles native was taken sixth overall in the 2005 amateur draft. He struggled with a 16-23 record in Toronto's minor-league system.

But the Blue Jays felt he was ready for a look in 2009 and in 29 starts as a rookie, Romero posted a solid 13-9 mark with a 4.30 earned-run average.

"When I got to the big leagues, I wasn't going to let one bad start get to me



► Jays left-hander Ricky Romero pitches in Tuesday's live batting practice at spring training in Dunedin, Fla.

or get to my head," Romero said. "It was just move on to the next one."

Manager John Farrell said it's not uncommon for first-rounders to face challenges in the minors.

"Everyone assumes they're going to get to the

big leagues as a first-rounder so when they finally get there, they somewhat relax and say, 'OK, I've made it to where my draft number has said I should be,'" he said.

"And then things come out."

Romero continued to make strides in 2010, going 14-9 and trimming his ERA to 3.73. He was signed to a long-term contract that summer and Romero's ascent to staff ace was complete when he was named the opening day starter last year.

Romero went on to post a 15-11 record with a 2.92 ERA in 2011, his best campaign yet.

The six-foot, 215-pound left-hander often jokes around with teammates and management types

Early arms race

Ricky Romero anchors a starting rotation that is still very much unsettled.

► Brandon Morrow is likely the No. 2 starter with Brett Cecil, Henderson Alvarez and Dustin McGowan early favourites for the next three slots.

► "We need everybody to have a career year," said Jays GM Alex Anthopoulos. "We just need everybody to be solid and play to the ability that they have, and I think we're going to have a great team."

alike, spitting sunflower seeds with abandon wherever he goes. Romero likes to keep the mood rather light but he is serious when he needs to be and is ready to be the staff's workhorse.

A big grin spreads across his face when asked about the upcoming season.

"You see the determination and the work that we're putting in," he said. "We're ready to take it to the next level."

THE CANADIAN PRESS

Sports in pictures



PHOTOS
1. STREETER LECKA/GETTY IMAGES FILE
2. ANGEL MARTINEZ/GETTY IMAGES FILE
3. CHARLIE RIEDEL/THE ASSOCIATED PRESS

1 Hines Ward, Pittsburgh's all-time leader in just about every meaningful receiving category, will be released after 14 seasons with the Steelers, president Art Rooney II said on the team's website on Wednesday.

2 Lionel Messi outshone Switzerland's hot prospect Xherdan Shaqiri on Wednesday, scoring a hat trick as Argentina won 3-1 in an international friendly.

3 Texas Rangers right-hander Yu Darvish threw 35 pitches to two minor leaguers using his full seven-pitch repertoire in Wednesday's 10-minute session. THE ASSOCIATED PRESS

Woods' agent slams book by former swing coach

Tiger Woods' agent lashed out Tuesday against Hank Haney's book, saying his "armchair psychology" about Woods was "ridiculous" and that it was clear the former swing coach only cares about self-promotion.

Haney's book about his six years as Woods' coach is titled The Big Miss. It is to go on sale March 27.

Golf Digest began releasing small excerpts Tuesday on its tablet applications and on its website. Haney's book was written with help from Jaime Diaz, a senior writer at the magazine who has covered Woods more extensively than anyone over the years.

In one of the excerpts, Haney, a McKinney, Texas, golf guru, said his job be-



ALLEN EYESTONE/PALM BEACH POST

dicated he believed he had less time to do it than everyone thought.

He also said Woods was seriously considering becoming a Navy SEAL.

"I didn't know how he'd go about it, but when he talked about it, it was clear he had a plan," Haney writes in the excerpt. "I thought, 'Wow, here is Tiger Woods, greatest athlete on the planet, maybe the greatest athlete ever, right in the middle of his prime, basically ready to leave it all behind for a military life.'"

Mark Steinberg, Woods' agent at Excel Sports Management, said in a statement that excerpts show Haney's claim of the book being about golf is "clearly false." THE ASSOCIATED PRESS

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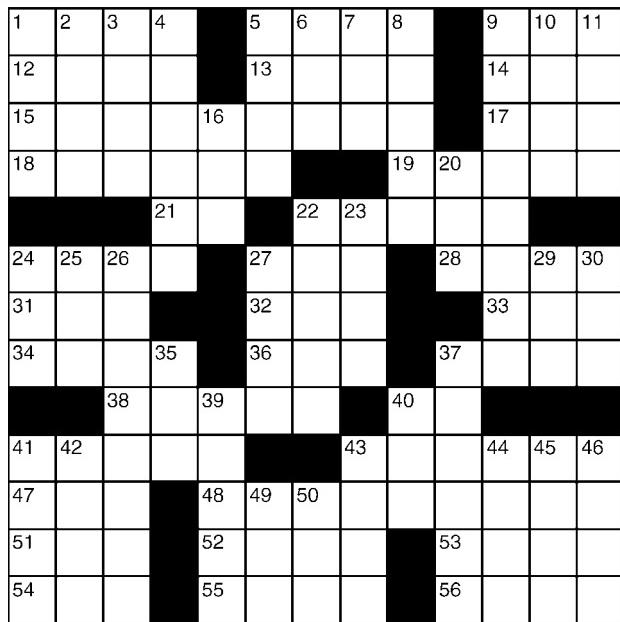
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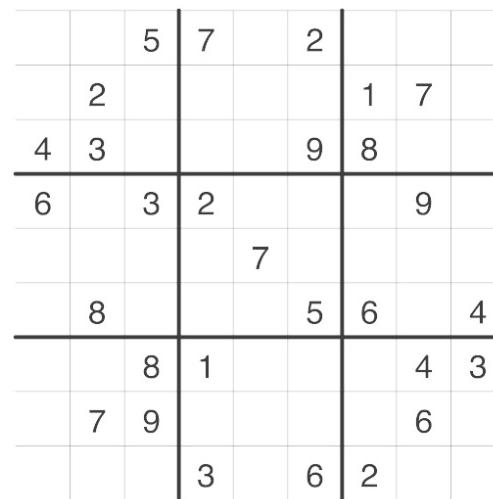
1 Airport schedule data (Abbr.)
 5 Mop the deck
 9 Kimono closer
 12 Anger
 13 Sit for a photo
 14 Pal of Wynken and Blynken
 15 Ancient Mariner's burden
 17 Right angle
 18 Theatrical
 19 American emblem
 21 Performing
 22 Mythical lecher
 24 Geek
 27 — capita
 28 Billions of years
 31 Away from WSW
 32 Raw rock
 33 Potential syrup
 34 Probability
 36 Eggs
 37 Wan
 38 Hidden supply
 40 — usual
 41 One of The Donald's exes
 43 Snare
 47 Venusian vessel?
 48 Colonial sewer
 51 "— Doubtfire"
 52 Island neckwear
 53 Arctic diving birds
 54 "Mayday!"
 55 Ticklish Muppet
 56 For fear that
Down
 1 Historic periods
 2 Pinball no-no
 3 Actress Jessica
 4 Neptune or Poseidon
 5 Nimble



6 Court 37 Star-related
 7 Fool 39 Larry the — Guy
 8 Surround 40 Whatever number
 9 144 units 41 "— the word"
 10 Weevil's morsel 42 Roundish hairstyle
 11 Not busy 43 Old U.S. gas brand
 16 Coffee break hour 44 Libertine
 20 Favorable vote 45 Requests
 22 Wait on 46 "Hey, you!"
 23 Vicinity 49 Conger, for one
 24 Ultramodernist 50 Quarterback
 25 Conclusion 52 Tebow
 26 Relief provider 53

Yesterday's answer

H	Y	P	O	D	V	R	A	P	P	S
A	E	O	N	I	I	I	V	A	L	E
P	A	R	T	I	S	A	N	E	R	I
S	H	E	A	T	H	G	A	R	T	E
A	L	P	M	A	P	A	G	I	L	E
B	O	A	T	G	E	E	N	I	D	
C	Y	R	U	S	A	N	T	G	T	O
G	L	E	N	N	E	F	R	A	I	D
E	U	R	O	P	A	R	T	I	C	L
E	A	R	N	O	D	T	H	I	N	S
S	U	E	S	T	O	E	E	Y	E	S

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meme, when i first saw you walk by me i thought to myself " i need you a.s.a.p over there" but i was to shy of a guy because you were to much and so was work. so here i am today giving you a kiss; TC!!!
 BILLY

Doctor what can i do? why does it have to be like that?
 CURE ME

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

[Yesterday's answer ►](#)

5	6	8	3	7	2	4	1	9
2	9	3	1	4	8	5	6	7
4	7	1	6	5	9	3	2	8
6	4	2	9	8	3	7	5	1
3	8	5	7	1	6	9	4	2
7	1	9	4	2	5	6	8	3
9	2	6	5	3	1	8	7	4
8	5	7	2	9	4	1	3	6
1	3	4	8	6	7	2	9	5



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Today's horoscope

For today's crossword answers and for expanded horoscopes, visit metronews.ca

Aries March 21-April 20

If you can't get excited about what you have planned to do today then, obviously, you should be doing something else.

Taurus April 21-May 21

All those worries and woes you have been carrying around with you suddenly seem irrelevant.

Gemini May 22-June 21

You can be quite sensitive to mood changes in your environment and that skill will be useful today.

Cancer June 22-July 22

A surge of negative cosmic activity makes you believe that certain people are against you. They're not. You need to lighten up and smile.

Leo July 23-Aug. 23

Stop trying to control everything that happens and let fate guide you. That applies to all areas but in particular to joint financial issues.

Virgo Aug. 24-Sept. 22

Today's cosmic influences will encourage you to be open about your feelings — but not so open that your heart rules your head entirely.

Libra Sept. 23-Oct. 23

If someone approaches you with an idea or proposal today, don't turn them down flat. Listen.

Scorpio Oct. 24-Nov. 22

Keep routine tasks to a minimum and don't worry if you fall behind in your schedule. Be flexible.

Sagittarius Nov. 23-Dec. 21

Others may be hopping from one foot to the other in anger today but you cannot be bothered.

Capricorn Dec. 22-Jan. 20

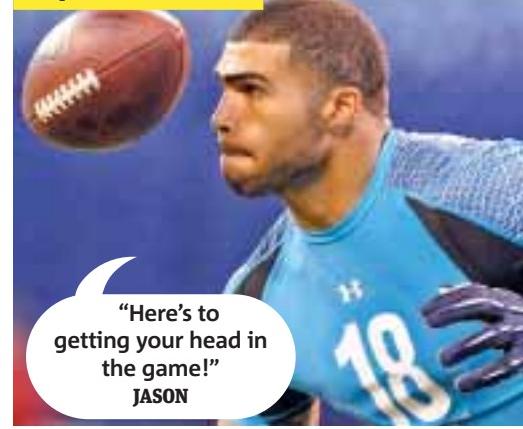
It's good that you don't take what others believe as a personal insult to your own values. Be open.

Aquarius Jan. 21-Feb. 18

Something is going to happen whether you like it or not, and you know it. So why are you still fighting the future? Adapt yourself.

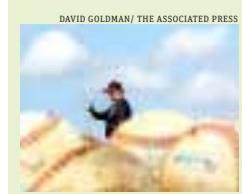
Pisces Feb. 19-March 20

Have you been making use of your skills? If you are honest, you will admit you have fallen a bit short lately. ■ SALLY BROMPTON

Caption contest

"Here's to getting your head in the game!"
 JASON

MICHAEL CONROY / THE ASSOCIATED PRESS

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